



Photo by Yvonne Johnson

Taking flight

An APG bald eagle takes off after being released by garrison environmentalists March 1. The adult male eagle was found with burns on its head and wings – probably from electrical wires- and was sent to Tri-State Bird Rescue – a private, non-profit wildlife rehabilitation and rescue organization in Newark, Del., where it was rehabilitated and then returned to APG. John Paul, Lynda Hartzell, and Jessica Baylor of DPW’s Environmental Division and DES wildlife officer Charles Volz led the release operation.



Fair highlights student achievement

APG Garrison Commander Col. Orlando Ortiz, (right) serving as a guest judge, discusses the project “What’s Really in Our Air” with its creator, Aberdeen High School senior Armon Lackland during the school’s annual STEM (Science, Technology, Engineering, and Mathematics) Fair Feb. 29. Aaron Simmons, chemistry teacher and STEM fair coordinator, said each student receives guidance from a mentor during the project. “Every year we need volunteers to serve as mentors,” Simmons said, “especially local science professionals.” To volunteer, e-mail Simmons at aaron.simmons@hcps.org.

Photo by Rachel Ponder

Weight loss challenges gain traction at APG

By **RACHEL PONDER**
APG News

Individuals across Aberdeen Proving Ground are combating the battle of the bulge by participating in Slim Down weight loss challenges.

Personnel at the Public Health Command, Kirk U.S. Army Health Clinic and Human Resources employees from the U.S. Army Chemical Materials Agency, to name a few, have started informal challenges with coworkers, motivating each other to lose weight.

“Competitions are totally voluntary, and are not endorsed by any organization, said Wendy LaRoche, the installation’s community health promotion officer, PHC. “Challenges are led by people who have a desire to motivate themselves and others to lose weight. Individual groups come up with their own guidelines.”

LaRoche, who brought awareness of the Slim Down challenges to an installation level, said getting the right support when you’re trying to lose weight is key to success. She said individuals participating in the increasingly popular weight loss challenge are holding each other accountable.

“Accountability is an extremely great motivator,” said LaRoche. “In fact, it is the basis for the most successful endeavors, worldwide.”

“The power of social support

See **START**, page 11

IPT collaborating future of COMSEC integration

By **CHRISTINE SLAUGHTER**
PD COMSEC

The Communications Security Integration Integrated Process Team (IPT) will be held March 27 – 29 at the Army C4ISR Center of Excellence, Mallette Hall Auditorium, Bldg. 6008. Onsite registration begins at 7 a.m., with events concluding at 4 p.m.

The second semi-annual COMSEC Integration IPT offers an opportunity for system integrators and industry partners gather and collaborate the future of COMSEC integration.

The theme for this year’s event will be Today’s Decisions for “Tomorrow’s Success” with the agenda containing government-only sessions and panel discussions.

“The COMSEC Integration

See **REGISTER**, page 11



Photo by Rachel Ponder

Spinning at APG

Jack Clotikul (far right) from the APG’s Network Enterprise Center and other participants take a lunchtime spinning class led by Kelly Albright (not pictured) at the APG North Fitness Center March 1. For more information on spinning classes, call 410-278-9725. Visit <http://www.apgmwr.com/recreation/pgms.html> for a complete list of all fitness classes.

Health fair back by popular demand

Special to the APG News

Aberdeen Proving Ground’s second health fair is set March 13 at the APG North recreation center from 10 a.m. to 2 p.m.

“We are excited to offer the community, per their request, another installation-wide health fair,” said Health Promotion Officer Wendy LaRoche, of the installation’s Community Health Promotion Council, Public Health Command.

LaRoche said nearly 300 attendees participated in last year’s event, and post survey results indicated that 99 percent of those

See **SAFETY**, page 11

WEATHER

Thurs.



70°|50°

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Spring forward

It’s that time again! Don’t forget to turn your clocks ahead one hour, beginning at 2 a.m., Sunday, March 11, for daylight savings time. You will lose one hour, but gain more daylight as sunset will be one hour later.



Bouncing Back!

Learn to recover from difficult situations during March 21 Resilience Training

ONLINE

www.apg.army.mil
apgnews.apg.army.mil
apg.armylive.dodlive.mil/
[facebook.com/APGMd](https://www.facebook.com/APGMd)
twitter.com/USAGAPG
[flickr.com/photos/usagapg/](https://www.flickr.com/photos/usagapg/)



MARCH IS WOMEN’S HISTORY MONTH

APG officer promoted to two-star general, plus find out what women feel are their greatest challenges.

PAGE 2

WOMEN’S HISTORY

PEO C3T officer promoted to two-star general March 2

Price is first female in branch to become general, first female PEO

PEO C3T Public Affairs

Maj. Gen. N. Lee S. Price, the Army’s program executive officer for Command, Control, Communications-Tactical (PEO C3T) headquartered at Aberdeen Proving Ground, was promoted from the rank of brigadier general March 2.

She is the first female in her specialty branch to become a general as well as the first female program executive officer.



Price

PEO C3T is the organization that delivers the tactical communications network to the battlefield. In any circumstance or region, from the garrison to the command post, PEO C3T is the builder, integrator and provider of the premier networked mission command solutions that make the Army a force of decisive action. PEO C3T delivers the network to Soldiers, so they have the information technology tools they need to successfully execute any mission. With a workforce of more

“Each unit that enters Afghanistan has been touched by PEO C3T. We provide the radios, network, collaborative decision-making tools and even power systems that enable Soldiers to defeat their adversaries.”

Maj. Gen. N. Lee S. Price

Program executive officer for Command, Control, Communications-Tactical

than 1,800 personnel, PEO C3T has an annual budget of \$4 billion.

“Each unit that enters Afghanistan has been touched by PEO C3T,” Price said. “We provide the radios, network, collaborative decision-making tools and even power systems that enable Soldiers to defeat their adversaries.”

Price began her more than 36 year career with the United States Army, when she enlisted in the Alabama National Guard in 1975, as a private first class.

“Women were not allowed in the

service academies until 1976 and the Reserved Officer’s Training Corps was not an option,” Price said. “Fort Benning (Ga.) did not have women in their Officer Candidate School, but I had been told that the Alabama Military Academy had begun accepting women. I attended in the third class to allow women and remained in the Guard for six years, before entering active duty in 1981.

“It’s been an amazing ride and I feel so fortunate to have had such a rich life

of service to our nation and our Soldiers,” Price added.

Price is thrilled to have paved the path for others to follow. She is also the first of the AMA graduates to achieve the general officer’s rank while serving on active duty.

Price has two Master’s of Science degrees; one in Management Information Systems from the University of Arizona and one in National Resource Strategy from the Industrial College of the Armed Forces, Washington, D.C.

Price’s distinguished career has earned her numerous individual and unit awards. When asked if any carry more meaning than others, she commented that they reflect the work of the superior teams she’s been fortunate to be a part of.

She also said the Distinguished Superior Service Medal she received in the service of the Special Operations Command is at the top of that list, followed by the Bronze Star Medal, and the Combat Action Badge.

PEO C3T Web site: <http://peoc3t.army.mil/c3t>

PEO C3T Facebook Page: <http://www.facebook.com/peoc3t>

What is the greatest challenge women face today?



Maj. Christine Watkins
System of Systems Integration Directorate

“Balancing work, education, home, health and spiritual life can be very challenging, especially for women. I think women try to be everything to everybody. We are natural caregivers, so we want to take care of everyone and end up putting our needs last. We tend to feel guilty if we take time for ourselves. I think women are always trying to find balance in their lives.”



Janice Howard
Aberdeen Test Center and retired Air Force

“Personally, I feel like I can overcome any challenge. I think that overall, low income women have it the hardest, especially when it comes to medical rights. Right now some politicians are advocating cutting subsidized birth control for low income women. This is a major step backward for women’s rights.”



Angela Collins
PX employee

“I think the biggest problem is finding a job and keeping a job. It is stressful living in these times, when people are losing their jobs every day. It is difficult to support yourself in this economy.”



Sherry Moxley
Civilian Human Resources Agency employee

“Women still earn less than men. In my lifetime I have seen improvement, and I think one day we will receive equitable pay, but we are not there yet. Women are usually the primary caregivers so they tend to struggle with balancing work and home life. To face this challenge, more jobs could offer flexible hours. Also, our education system needs to encourage more women to pursue math, science and engineering fields. These jobs offer great career opportunities and higher pay.”

DON’T FORGET: Today is the Federal Women’s Program training conference, 8 a.m. to 4 p.m. , at the APG South Conference Center Auditorium, Bldg. E4810.

APG SEVEN DAY FORECAST



APG NEWS

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMAP-PA, Building 305, APG, MD 21005-5001, 410-278-1153. Printed circulation is 8,900.

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Deadline for copy is Thursday at noon for the following Thursday’s paper.

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Learn how to bounce back in resiliency training

ACS offering resiliency training for troops, Families and civilians

Story and photo by
RACHEL PONDER
APG News

Everyone deals with stress at some point, whether it is the death of a loved one, loss of a job, divorce, serious illness or other traumatic event.

Being able to adapt to difficult situations requires resilience, the ability to “bounce back” or recover during or after difficult experiences.

For the first time, Army Community Service is offering free classroom resilience training to all members of the Aberdeen Proving Ground community. Master Resilience Trainer Dee Ford said the goal is to develop well-balanced, healthy, self-confident Soldiers, Family members and DA civilians.

Ford said developing coping skills is especially relevant for military Families living in this era of high operational tempo and back-to-back deployments. According to Harvard Business Review statistics, the Army has witnessed steady increases in divorce, depression, post-traumatic stress disorder and suicide over the last 10 years.

In response, the Army has put more focus on combating the effects of these stressors. In 2009 the Army began Comprehensive Soldier Fitness training, a program based on 30-plus years of scientific study and results. CSF training builds resilience and enhances performance in the five crucial dimensions: physical, emotional, social, Family and spiritual. ACS’s classroom resiliency training is offered Army-wide and falls under the CSF program.

CSF uses the World Health Organization’s definition of health, “a state of complete physical, mental and social well-being” and not merely the absence of disease.

“The Army has recognized the sacrifices our Family members make on a daily basis,” Ford said. “The training modules are designed to provide them with the thinking and coping strategies to take care of themselves and their loved ones. Our Army is strong, in part, because of the support our Soldiers receive from their Families.”

She said the trainings are interactive, helping participants share their individual struggles and coping strategies.

Ford said even though the ACS Resil-



(From left) During a resilience exercise, Resilience Trainer Marilyn Howard talks about negative and positive reactions with married couple Maria Fernandez, from the Intelligence and Information Warfare Directorate, and Jose Fernandez, from the Communications–Electronics Command. ACS offers free classroom training to the APG community.

Healthy Living

www.apg.army.mil/apghome/sites/local/ click on Well Being

ience Training is primarily targeted to Family members, the sessions are open to the entire APG community because “the end state of CSF is a fit, resilient and ready Army comprised of individuals with “Strong minds and Strong Bodies.”

Wendy LaRoche, APG Community Health Promotion Officer, finds the training helpful because learning to cope with life’s daily pressures can improve an individual’s physical health. She said headaches, backaches, insomnia and loss of productivity can be symptoms of stress.

“I like that this training takes a proactive rather than a reactive approach to stressful situations. Reactive people jump to conclusions and automatically think negative thoughts,” LaRoche said. “Proactive people think about how they can improve their situation. This training teaches you to ‘hunt for the good

stuff’, which means focusing on what is positive in others and themselves.

“It also teaches you how to bounce back from adversity, how to speak up, how to

not be so defensive when others talk to you,” she said. “It gives you practical skills you can use in your everyday life.”

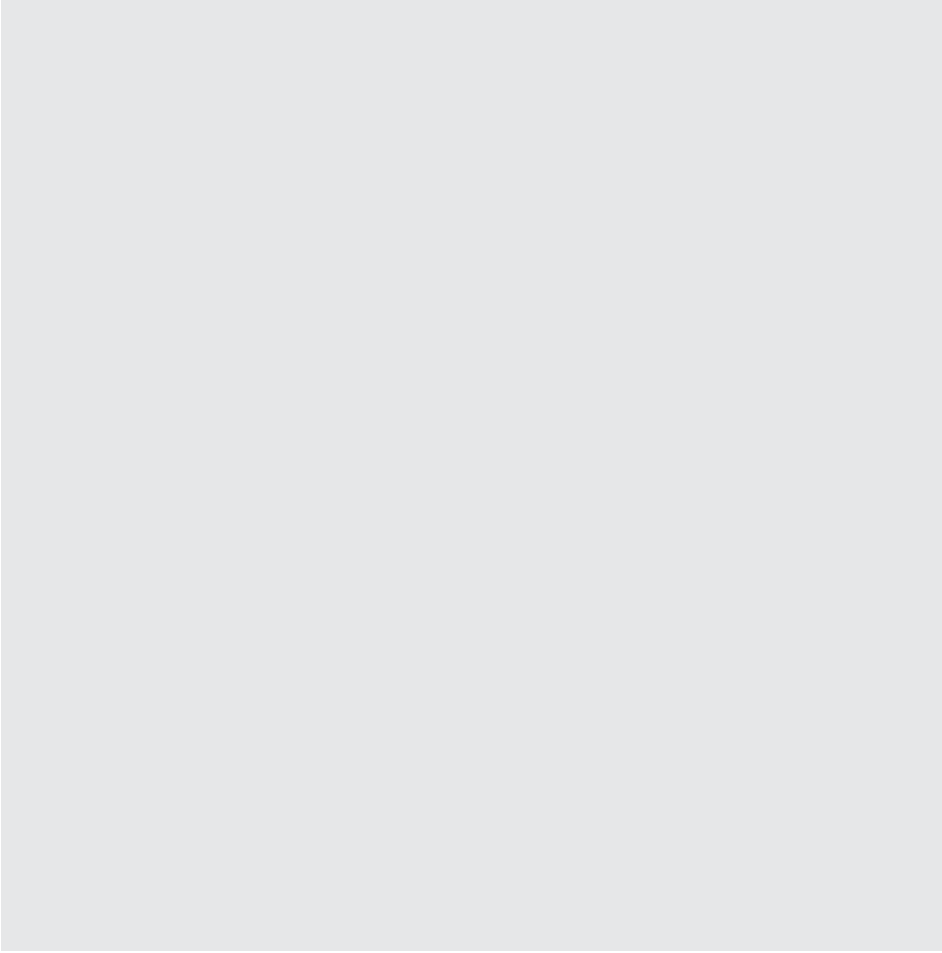
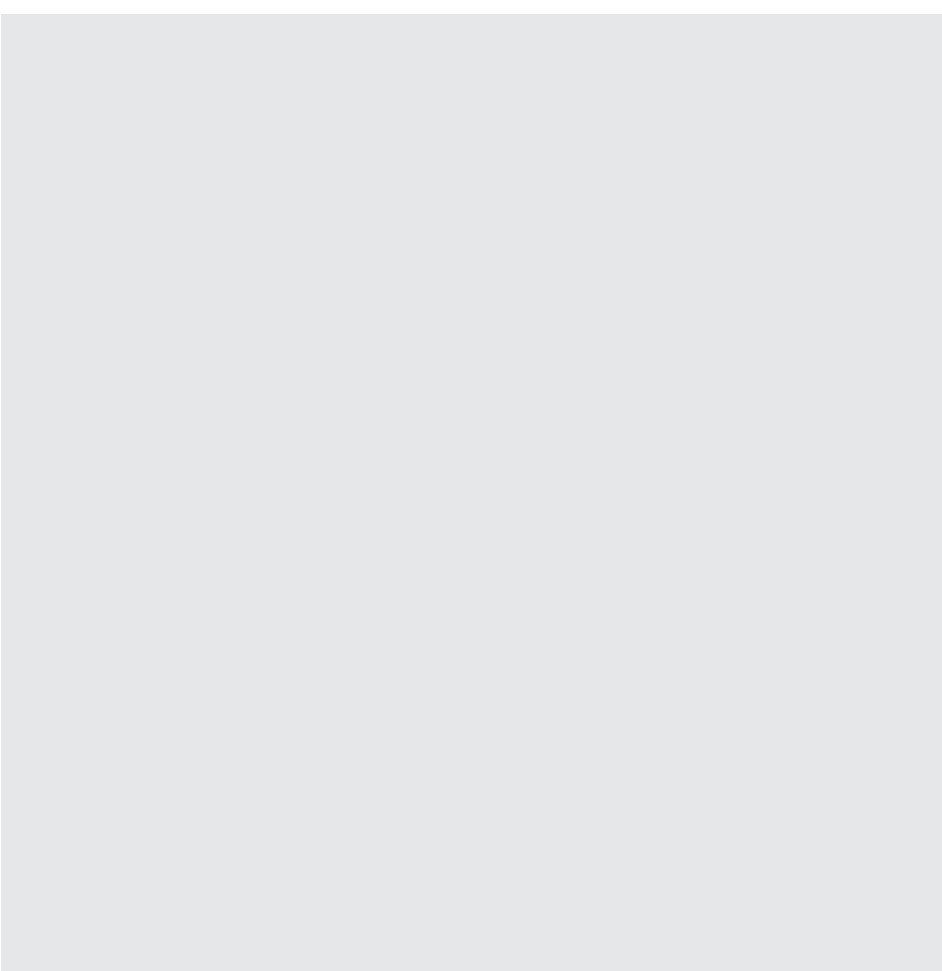
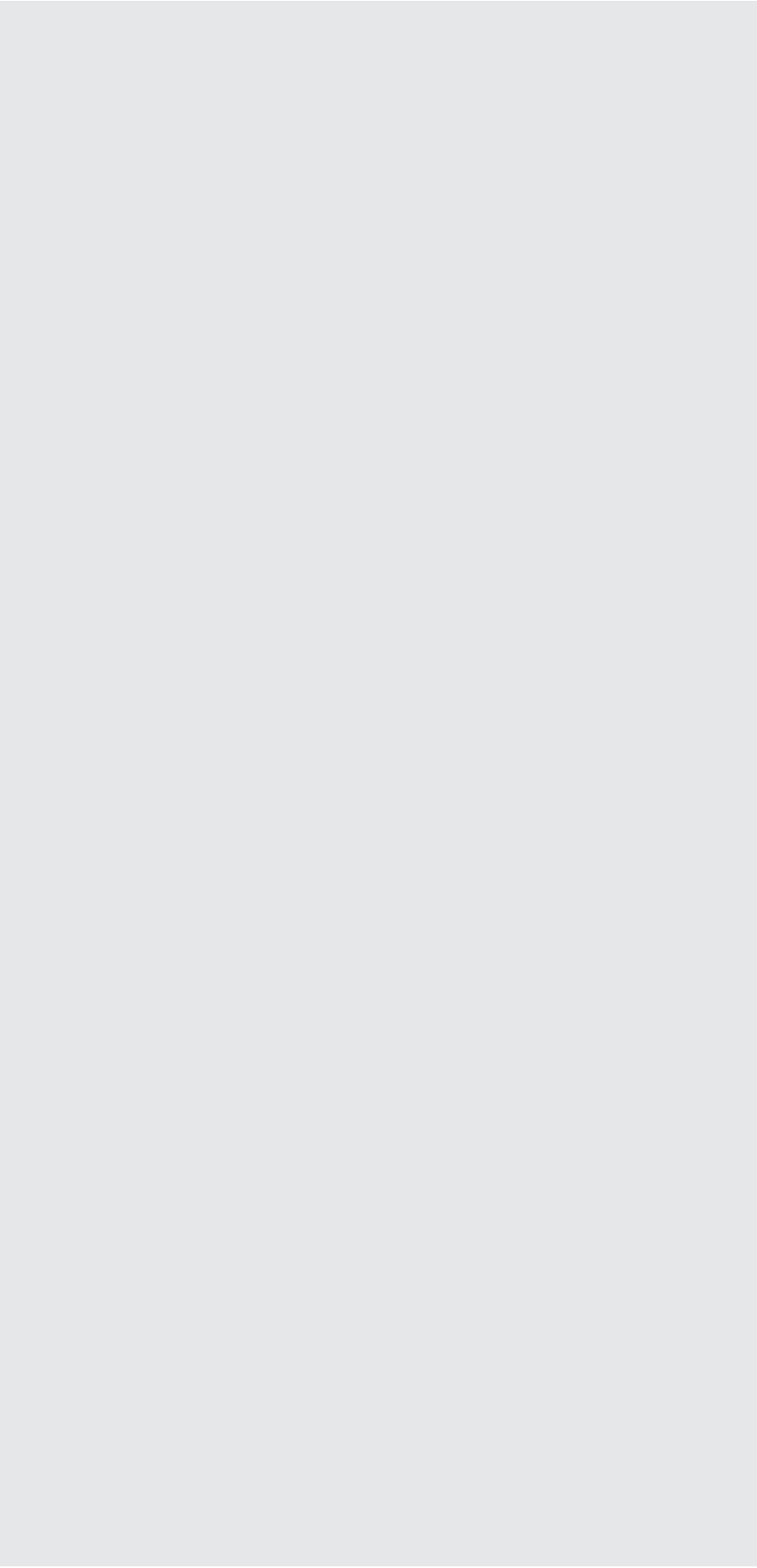
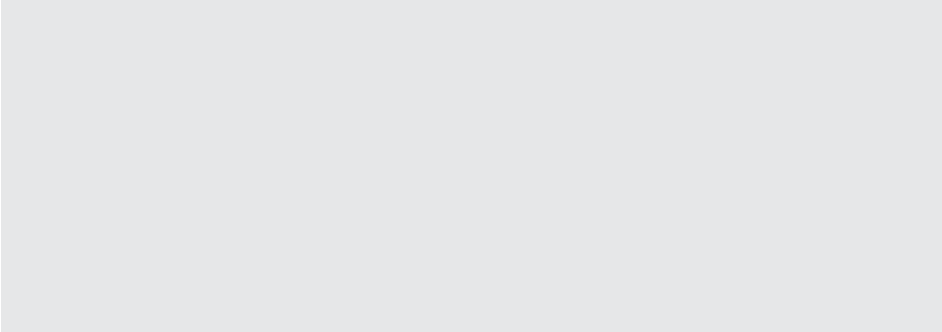
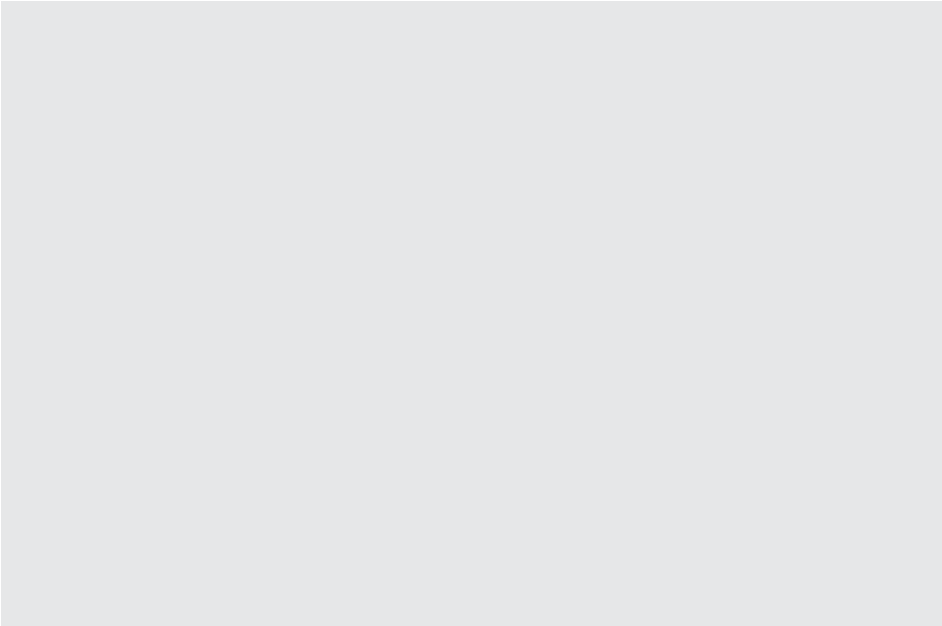
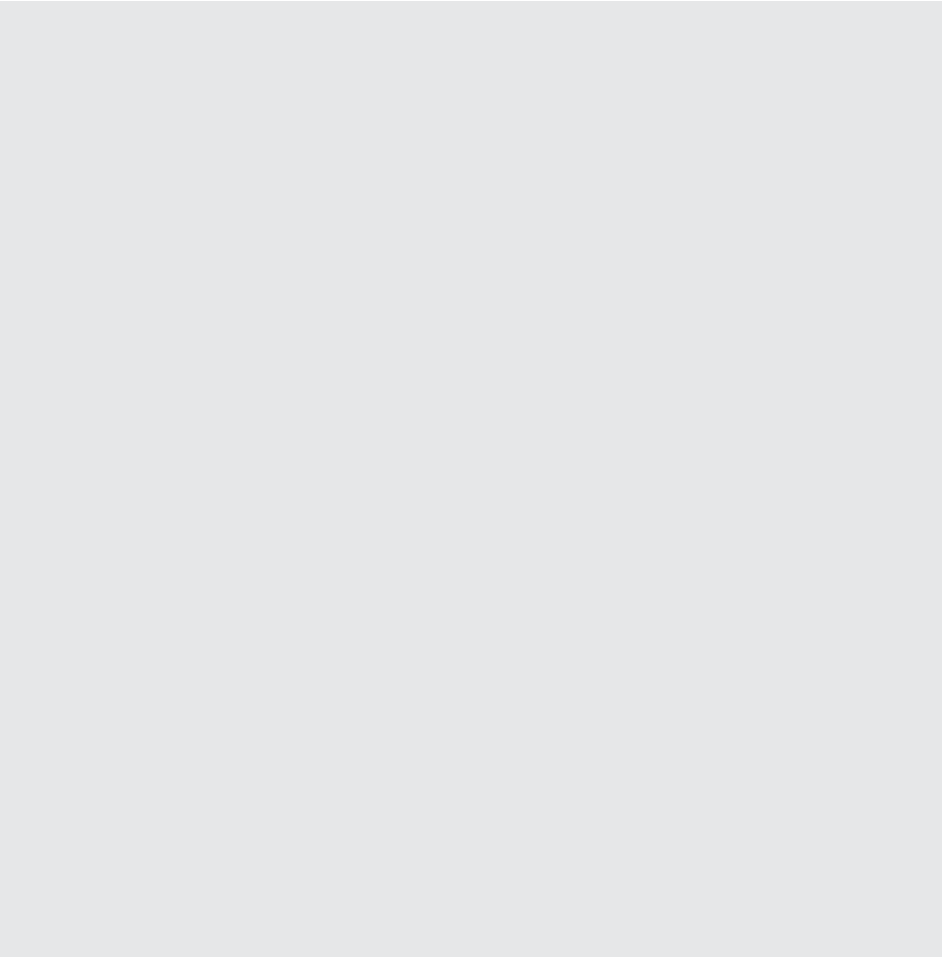
The next Resilience Training will take place March 21 from 11:30 a.m. to 1:30 p.m. at APG North’s main post chapel, Bldg. 2485. Training is held on the last two Wednesdays of the month through July 25. For information or to reserve a seat, call 410-278-2180/7572.



Honoring APG’s women in science and technology

Workers from Silbaugh Memorials install the monument recognizing the contributions of APG’s women in the fields of science and technology outside of garrison headquarters. Two granite benches were also installed in the Memorial Garden, which will be dedicated at the end of March in celebration of Women’s History Month.

Photo by Terri Kaltenbacher



Post Shorts

SACCO Foundation set to award local efforts in math

The William J. Sacco Critical Thinking Foundation will present The Dr. William J. Sacco Award for Excellence in Applied Mathematics March 11 at Liberatore’s Ristorante, 562 Baltimore Pike in Bel Air from 5 - 8 p.m. The scholarship program honors Sacco—an Army veteran, DoD civilian and Bel Air mathematics teacher—for his lifetime accomplishments in the field of applied mathematics and for his dedication to mentoring the young people in Harford County.

A Harford County resident for more than 50 years, Sacco taught at several universities and was the chief consultant for the American College of Surgeons Major Trauma Outcome Study. He co-founded Tri-Analytics, Inc. As a researcher, he was world renowned for making key contributions to the development of trauma severity scores.

The award recognizes students who have demonstrated outstanding ability and aptitude in mathematics and whose work reflects the concepts and processes espoused by Sacco. Recipients will receive a \$1,000 continuing education scholarship. A larger county-wide award will be established in 2013. Visit www.SaccoFoundation.org for additional details.

High school math teachers and administrators interested in attending should email contact@saccofoundation.org. To support the foundation by attending or contributing, visit http://www.saccofoundation.org/files/Sacco_Invite_Resp.pdf.

For more information, contact Paul Bailey at 410-420-2001 or paul.bailey@fallstongroup.com.

Social Work Observance

In celebration of National Social Work Month in March, several speakers will discuss Military Social Work March 12 from 11:30 a.m. to 1 p.m. at the APG North (Aberdeen) main post chapel. Speakers include Maj. Terrance J. Beasley, Maj. Francine Lewis and Wendy Witmer, LCSW. Lunch will be provided. Call G. Hardy for more information at 410-278-1753

Installation Town Hall

Aberdeen Proving Ground is seeking input on its quarterly Installation Town Hall (ITH) meeting, formerly the Community Action Council meeting. The garrison-sponsored meetings give community members a chance to voice their concerns, offer suggestions and get answers from each directorate. In preparation for the

April 19 meeting, the Garrison is seeking the following feedback:

1. What time would you like to attend ITH meetings?
2. What topics would you like to see addressed?
3. How can leadership modify the meetings to boost participation?

Email your answers to claudette.e.murray.civ@mail.mil. The subject line should read INSTALLATION TOWN HALL

Spring forward with safety

On Sunday, March 11 at 2 a.m., America springs forward with Daylight Savings Time. This time of year gives everyone an additional hour of day light each day.

Many people check their smoke detectors and carbon monoxide monitors, batteries in flashlights, clocks and hearing aids. APG’s Army Substance Abuse Program

encourages community members to also check the expiration date on prescription and over-the-counter medicines. Gather these items and store them in a safe place until the Prescription Take Back Campaign, co-sponsored by ASAP and Community Policing, April 23-27, or safely dispose of these medicines. For more information, contact ASAP prevention coordinator Cindy Scott at 410- 278-4013 or Cynthia.M.Scott4.civ@mail.mil. Or check out “How to Dispose of Unused Medicines” at the FDA website, www.fda.gov.

Top Secret Rosies March screenings

A PBS documentary, “Top Secret Rosies: The Female Computers of WW2,” will be screened free of charge during Women’s History Month as follows:

- March 8, 11:45am (APG South Stark Recreation Center)
- March 12, 3 p.m. (APG North post theater)
- March 20, 11 a.m. (APG North post theater)
- March 27, 11 a.m. (APG North post theater)

The film was released in 2010 and tells the story of women and technology that helped win World War II and usher in the modern computer age. In 1942, a secret U.S. military program was launched to recruit women to the war effort. This clandestine search targeted female mathematicians who would become human computers for the U.S. Army, eventually programming the ENIAC at APG. Capturing the opportunities and exhilaration of the times and exploring the moral dilemmas inherent in their work, Top Secret Rosies follows their efforts as these female computers labored night and day to create the mathematical com-

putations that made every Allied bomb and bullet more accurate.

Career fair set for veterans and spouses

A career fair hiring event is set March 29 from 11 a.m. to 3 p.m. for veterans and military spouses at Lincoln Financial Field, 1020 Pattison Ave., Philadelphia, PA 19148.

The event will allow participants to network with veteran-friendly organizations that will be on site with employment, entrepreneurial, and educational opportunities.

For more information or to register as a job seeker, visit <https://events.recruitmilitary.com/events/philadelphia-opportunity-expo-march-29-2012>. Read more about the expo at <http://www.prlog.org/11813346.html>.

Blue Cross rep visit

The Civilian Personnel Advisory Center has made arrangements for a claim representative of the Service Benefit Plan (Blue Cross/Blue Shield) to visit APG March 13. The representative will be available from 9 to 11:30 a.m. in Bldg. 314, Room 151E to discuss claim problems and plan coverage. The rep will be available from 12:30 to 1:30 p.m. in Bldg. E4516 (CDTF). No appointment is necessary.

Call Teri Wright at 410-278-4331 for more information.



MORE ONLINE
More shorts can be seen at www.apgnews.apg.army.mil/shorts.

COMMUNITY NOTES

FRIDAY MARCH 9 AN EVENING OF JAZZ

Harford Community College presents nationally renowned jazz vocalist and recording artist Jeff Hall with the 3rd Coast Vocals in an Evening of Jazz on Friday, March 9 at 8 p.m. in the College’s Joppa Hall, Recital Hall #1.

Tickets are \$10 for adults and \$1 for youth. To order or for more information, call 443-412-2211. Reasonable accommodations for a documented disability may be requested by calling Disability Support Services, 443-412-2402.

SATURDAY MARCH 10 WHITE-TAILED DEER SURVEY

Harford County seems to be experiencing explosive population growth and not just with humans. Come help determine if the deer population of Leight Park is a healthy size.

Come get the scoop on poop and conduct pellet (deer scat) counts out on the trails to determine how many deer call the Park home. This program will be held 9 a.m. to 12 noon for ages 16 to adult. The program is free but online registration is required at www.otterpointcreek.org.

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.

SUNDAY MARCH 11 ANIMAL TRACKS

Find, identify, and make plaster casts of animal tracks at Bosely Conservancy.

This program will be held at 2 to 4 p.m. for ages 6 to adult, 6 to 12 with adult.

The cost is \$3 per person and online

registration is required at www.otterpointcreek.org.

For information or directions to the Anita C. Leight Estuary Center, call 410-612-1688 or 410-879-2000, ext. 1688.



MORE ONLINE
More calendar events can be seen at www.apgnews.apg.army.mil/community.

FAMILY AND MWR

Murder Mystery Dinner Theater

This is your invitation to the wedding of Brenda and Edward. Mark your calendar for March 23 at 7 p.m. in the Aberdeen recreation center ballroom. The wedding reception starts on a sour note when the bride and groom arrive late because of a flat tire. The celebration turns into chaos when one of the guests dies on the dance floor during the garter toss. Advance tickets are \$25 and \$20 for active duty. Tickets cost \$30 at the door. Ages 6-12 are \$12.50; 6 and

under free. Contains adult content. Call 410-278-4011/4907 or 410-436-2713 or visit the APG North or South recreation centers.

Date Night at Ruggles Golf Course

Enjoy a wonderful night out with that someone special March 10 beginning at 4:30 p.m. at the Sutherland Grille at Ruggles Golf Course. Dinner for two is only \$25 with your choice of strip steak, stuffed pork chops, or a seafood plat-

ter. Reservations are required. It doesn’t get any better or inexpensive. Please call 410-278-4794 to reserve your spots.

2012 APG Spring Bazaar

The 2012 APG Spring Bazaar is set March 20- 21, 10 a.m. - 2 p.m., in the Aberdeen recreation center. Enjoy door prizes, arts and crafts and fresh-baked goods and much more. With the North Side Grill housed in the same building, stop in and enjoy lunch and live entertainment. But, don’t forget to enter the giveaway for your chance to win an Amazon Kindle Fire. Call 410-278-4011.

Open Mic Thursday and Karaoke

Are you talented? Can you sing? Play an instrument? Open Mic Thursday at

Ruggles Golf Course is the time to show off your talent. The next Open Mic and Karaoke is March 15 from 5:30. to 8:30 p.m. in the golf course clubhouse. The event will be hosted by Lou Melo of Melo Time Karaoke. Admission is free. There will be complimentary bar foods, limited snack bar operations and a beer and wine cash bar. All participants must be 18 or older. For information, call 410-278-3854.



MORE ONLINE
For a listing of FMWR activities and events, or to read the weekly MWR newsletter, scan the code.

FMWR seeking input on pool operations

Aberdeen Proving Ground Family & Morale, Welfare and Recreation is seeking your input to better schedule the operation and services provided by FMWR at the APG Outdoor Swimming Pools.

APG has three outdoor swimming pools. Two of those pools -- Shore Pool located in the Shore Park picnic area and the Olympic Pool adjacent to the recreation center -- are located at APG North (Aberdeen). The Bayside Pool, which is adjacent to the Gunpowder Club and river near CAPA Field, is located at APG South (Edgewood). The pools are open to all DoD ID cardholders. There are fees associated with open swim, programs and lessons. Active duty troops and their Family members do not pay open swim fees.

Your feedback is important. FMWR asks that you visit <https://www.research.net/s/APG-Pool-Survey> and answer the few questions about your planned use of APG’s outdoor pools for summer season 2012. It will only take a minute or two and will provide valuable information that will allow us to make informed decisions on how to operate the pools to better serve you, the APG community.

The survey is also available on the APG MWR website at www.apgmwr.com under the header, “Click here to take our pool survey.”

For more information on the APG outdoor swimming pools and other great FMWR programs and services offered at APG, visit www.apgmwr.com or call 410-278-4124.

APG Bowling Center Snack Bar specials

Building 2342

Week of March 5

Special #1: Roast beef on kaiser roll with chips, cookie and regular soda for \$6.75.

Special #2: Chicken tender sub with french fries, cookie and regular soda for \$7.75.

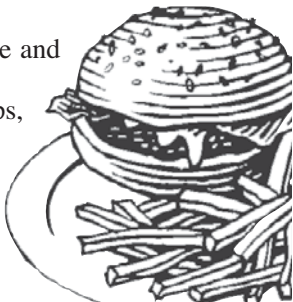
Week of March 12

Special #1: Cheese steak wrap with chips, cookie and regular soda for \$5.95.

Special #2: Chicken Cheese steak wrap with chips, cookie and regular soda for \$5.95.

The Bowling Center also serves breakfast. For more information or to place an order, call 410-278-4041.

Orders must be placed before 10:30 a.m.



‘Glory Road’ athlete highlights black female contributions

Story and photo by
YVONNE JOHNSON
APG News

Several guests who didn’t know Nev-il Shed before the Team APG Black History Month Observance at the recre-ation center Feb. 29 said they will never forget him after his riveting speech.

The guest speaker for the annual event highlighting the achievements of Blacks in America, Shed was a member of the first all-Black college basketball starting lineup that took on the fabled University of Kentucky and won the NCAA championship in 1966.

His professional career was cut short due to a serious knee injury and today when he is not appearing as a motivational speaker, Shed coaches at a Spurs camp in San Antonio, Texas.

Shed was welcomed by Col. Cynthia Polanski, CECOM Logistics and Readiness Center, who said the program’s theme, “Black Women in American History and Culture,” urges all Americans to study the hardships endured by [black] women.

“These great pioneers played a critical role in the development of our nation,” she said.

Shed said when was challenged to speak on a theme celebrating black women, he could not leave out his mother and grandmother.

“They were the two most powerful women in my life,” he said.

He touched on when blacks first came to America as slaves and how the woman had to be the strength of the family.



Shed



Attendees at APG’s Black History Month Observance sampled a variety of ethnic foods, including collard greens, black-eyed peas, and cornbread Feb. 29 at the APG North recreation center. Basketball star Nevil Shed, who was depicted in the Disney blockbuster film ‘Glory Road,’ was the guest speaker.

“She had to have the courage to say, ‘It’s gonna be alright,’” he said.

Shed downplayed his role in the historic achievement that resulted in Disney’s blockbuster film “Glory Road,” in which actor Al Shearer played Shed, saying it was only part of the fulfillment of a dream and a promise he made to his mother. He also praised his father for the belittling he sometimes had to take from white customers in order to keep his job so he could feed his family.

“My parents always told me take negative energy and turn it into something positive,” Shed said. “It’s the same type of high energy we have to have in the Army. I thank God everyday for the women of yesterday.”

Shed extended his personal thanks to the Army for the change in his son, who enlisted just over two years ago.

“I have to say that today my son is Army Strong and, for that, I thank you,” he said.

He told listeners that, “for us to survive yesterday, today and tomorrow, we’ve got to be a ‘we’ team, not a ‘me’ team and reminded them of his personal philosophy.

“I never say goodbye, I say ‘to be continued,’” he said. “We’ve come a long way, but we’re not finished yet.”

Maj. Gen. Robert Ferrell, the CECOM and APG senior mission commander, thanked Shed for his “powerful words” on behalf of the APG community. Quoting Martin Luther King, Ferrell said “the ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.”

“His strength started with his mom

and that allowed him to achieve his dream,” Ferrell said. “May all of us recommit ourselves to one another so we can benefit from one another.”

Guests gave positive feedback on the program.

“I really enjoyed it,” said Gloria Radkiewicz, an IT specialist with the Network Enterprise Center. “What he spoke about is relevant to everyone. It was very inspiring to me, personally and I loved the dancing too.”

“It was awesome and the very up-to-date speaker was very dynamic,” said Billy Sgt. Falla, installation training NCO with the garrison’s Headquarters and Headquarters Company. “I appreciated his perspective. It isn’t over but to be continued as we move forward.”

Lillie Volckmann, a retired civilian and president of the Aberdeen Golden Age Club, said the program “brought back memories.

“I remembered similar stories from my childhood,” she said. “I liked the mix of the audience and I felt that what he talked about applied to everybody.”

The mistress of ceremonies for the program was Lt. Col. Cheryl Bryant and Capt. Heidi Hamrick of CECOM. Judith Jones of ATEC sang the national anthem.

Chaplain (Lt. Col.) Steve Jerles, CECOM, offered the invocation and Chaplain (Lt. Col.) Abdul Muhammad, U.S. Army Public Health Command, presented the benediction. Entertainment included a Praise Dance featuring Denise Coleman and the Glory Dancers from Rooted Fellowship Church in Edgewood and the Aberdeen High School dance team.

A food tasting immediately after the program featured fried chicken, collard greens, black-eyed peas, cornbread and other ethnic foods.

Start your weight loss challenge today

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helped inspire me throughout my weight loss journey,” said Esther Dada, an employee of PHC, who lost 30 pounds last year while participating in weight loss challenges on post. “On a daily basis for months, my fellow colleagues provided support, encouragement, and accountability.”

Groups participate in healthy recipe swaps, diet journals, walking clubs, and Lunch ‘n Learn sessions. LaRoche said convenient access to fitness equipment and exercise classes on post is another level of health support the garrison is offering, and one that is making a difference. A group of PHC employees have challenged one another to visit the gym with a partner. KUSAHC employees decided to use the clinic’s training center to do yoga, Zumba, and work up a sweat to belly dancing DVDs during their breaks.

And as spring approaches, more employees will take to the installation’s walking trails and sidewalks. A group of CMA employees gather regularly and have started walking during their lunch break.

How to start

As these weight loss challenge groups gain traction at APG, LaRoche is encouraging other individuals and organizations to participate.

She offered the following suggestions to kick start a program:

- Designate POCs
- Establish challenge rules, including determining weigh-in dates. She said weight should be kept confidential, noting CMA’s method in which loss is tracked by percentage points so that individual weights are not revealed. After a weigh-in, the person who lost the most percentage of weight loss is revealed in an e-mail. At PHC, participants came up with code names and weight lost was tracked in a spread sheet.
- Identify measurers/speakers and create measure forms
- Obtain health promotion materials
- Offer a prize for the biggest loser. In the case of PHC, competitors were divided into two teams. The team that lost the

most weight was treated to a special lunch by the other team. Another option is to ask participants to pay a small fee to join the competition, with the money used to purchase a gift card for the winner. For many participants, however, losing weight is its own reward.

CMA employee Laura Witting described the weight loss challenge as a life-changer.

“We talk about who has lost the most weight at meetings,” she said. “It’s is really fun. This whole process has been very beneficial, eye-opening, and I think it has brought us closer together.”

Benefits of success

KUSAHC Commander Lt. Col. Ellen Daly is participating in KUSAHC’s weight loss challenge and said she is excited to see her teammate’s progress.

“So many diseases—heart disease and diabetes—can be averted just by losing weight,” Daley said.

She admitted that she struggles with healthy eating and taking time to exer-

cise, so recording her progress in a journal that is reviewed by KUSAHC Community Health Nurse Sue Singh, has helped her.

Daly said after reading the journal entries, Singh provides feedback and support, and this has held her accountable for her choices.

Rebecca Branco, also from KUSAHC, said as a result of the challenge, she lost 11 pounds in one month and has decided to train for a 5K competition that will take place in July.

“I believe that exercise is the key to having a good life,” she said. “I am doing this for myself. I am feeling better, and want to continue this active lifestyle.”

LaRoche said that this spring the garrison will host a “Spring Into Wellness Challenge.” Check APG News and the Community Health Promotion Website for more updates.

For more information on weight loss or other healthy living initiatives, call LaRoche at 410-417-2312.

Safety Stand Down offers variety of training

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surveyed found the event beneficial and expressed interest in attending another health fair.

Services provided at the previous fair included free screenings, dynamic speakers and giveaways. This year’s event will up the ante with even more screenings and health services.

“It’s amazing what word of mouth can do so quickly, said Sue Singh, Community Health Nurse. “This year we will offer everything from massages, bone density screenings, dental and weight management consultations,

vision and spinal scans to blood pressure and skin cancer screenings, tobacco cessation counseling and body fat analysis.”

LaRoche said although several individuals and organization are contributing to the event, the U.S. Army Kirk Health Clinic is leading the effort.

“We encourage employers and employees to take advantage of this event. The cost is free, but the reward of taking advantage of these preventive services could result in huge medical savings” said Health Clinic Commander Lt.

Col. Ellen Daly. “We are truly moving from health care to health.”

Promoted as part of the installation’s annual Safety Stand Down Day, the health fair incorporates several venues for community members to learn more about safety.

“Safety Stand Down Day is slated March 13-14 and includes a wide variety of venues for learning about safety, from ergonomic demos during the health fair, suicide prevention and CPR training to fire extinguisher and boating safety,” said Lynda Rice of the Safety Office.

Rice encouraged community members to take a few moments to complete easy online training at <http://www.apg.army.mil/APGHome/sites/installation/ISO/index.html> and urged parents of young children to try and take advantage of the March 14 child car seat inspection at the APG Fire Department at 3 p.m.

For information about the health fair, call Singh at 410-278-1771. For information on Safety Stand Down Day, call Rice at 410-306-1154.

Register online for March 27-29 Integration IPT

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IPT provides an important forum where Project Director Communications Security, Army government partners, platform PM’s and industry partners, will have the opportunity to discuss COMSEC integration-related challenges and lessons-learned,” said event coordinator Alpesh Patel.

PD COMSEC established the venue with the mission of providing options for Platform PM’s and collaborating the future of COMSEC Integration. The COMSEC Integration IPT initiative provides the Army’s COMSEC Communities alternatives for system and network defense encryption and an opportunity to network with their peers.

The COMSEC Integration IPT’s main focus is to

develop cost, schedule, performance, and COMSEC integration efficiencies within the COMSEC domain for better utilization of COMSEC systems and equipment to secure Army systems and the Soldiers who use them. The COMSEC Integration IPT objectives are to provide Platform PM’s a forum to:

- Create COMSEC synergy
- Present alternative COMSEC solutions
- Express current and future COMSEC challenges
- Identify COMSEC gaps
- Discuss emerging COMSEC technologies and solutions
- Deploy best COMSEC solution to the Solider

- Cross pollinate COMSEC utilization
- Articulate cost-effective communications security approaches to Army platform integrators

The COMSEC Integration IPT gives COMSEC communities an opportunity to understand what PD COMSEC and its Army partners can do to help solve COMSEC integration concerns. It will provide a collaborative means for stakeholders to express current and future challenges for COMSEC initiatives, to deliver more cost effective and efficient products and solutions to Soldiers.

Register for the IPT at https://spad.kc.us.army.mil/sites/COMSEC_TMD/CIPT%20Registration/Forms/template.xsn.